

Claims

1. Training device (10) for training human pelvic floor muscles, which device for training purposes is provided for placing externally against the human body directly or
5 indirectly between the two ischial bones in the seated position and comprises:

a pressure sensor unit (11, 12), which can be compressed at least on the side facing the pelvic floor and can expand on a side (13) not facing the pelvic floor,

a force transducer (23, 21) coupled to the pressure sensor unit (11, 12) on its expandable side,

10 a feedback unit (16, 19), which is connected to the force transducer, to generate a feedback signal.

2. Pelvic floor training device as claimed in Claim 1, characterised in that the feedback signal is a vibration signal.

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3. Pelvic floor training device as claimed in Claim 1, characterised in that the pressure sensor unit comprises a flexible body (11) with compressible material.

4. Pelvic floor training device as claimed in Claim 3, characterised in that the
20 flexible body (11) contains gas, gel or fluid material which is held on the surface facing the pelvic floor by a non-expandable shell-like body (12).

5. Pelvic floor training device as claimed in any one of Claims 1 to 4, characterised in that the flexible body (11) has a substantially cylindrical shape and the expandable side
25 (13) is located on a cylinder end face.

6. Pelvic floor training device as claimed in any one of Claims 3 to 5, characterised in that the pressure sensor unit (11, 12) and the force transducer (23, 21) can be adjusted in relation to each other.

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7. Pelvic floor training device as claimed in any one of Claims 1 to 6, characterised

in that a seat part (30) is provided in which the pelvic floor training device (10) is positioned.

8. Pelvic floor training device as claimed in Claim 7, characterised in that an
5 adjusting device is provided for adjusting the height of the [lacuna] (10) of the pressure sensor unit (11, 21) in relation to the seat part (30).

9. Pelvic floor training device as claimed in any one of Claims 1 to 8, characterised
in that a zero position of the sensor signal is provided for the idle state.

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10. Pelvic floor training device as claimed in any one of Claims 1 to 9, characterised
in that a time-dependent illustration of the feedback signal is provided.

11. Pelvic floor training device as claimed in any one of Claims 1 to 10, characterised
15 in that signal processing devices for processing and registering the measuring or feedback signals can be connected or coupled to the force sensor (21).

12. Pelvic floor training device as claimed in any one of Claims 1 to 11, characterised
in that a pressure force distributor (22) or actuator with the force transducer (23) is
20 provided to introduce muscle-stimulating functions.

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